

**Linda Clair**  
**Seven-day Meditation Retreat**  
**Kallara Conference Centre – September 2019**  
**Transcription from Audio Recordings**

**File 4a – Tuesday morning guided meditation**

So it's always good to take a few deep breaths into the belly just to reaffirm your intention to stay here, in your body. You need to be careful not to get too weighed down by your emotional past that will come up while you're doing this. It's not all doom and gloom.

I saw a few people smiling this morning as they were sitting with their eyes closed. You are allowed to feel good, for no reason. You don't need a reason to feel good. And that's what this is all about. Eventually you see there's no cause and effect. The two merge into each other.

You can feel joy for no apparent reason, and you stop looking for a reason, to feel anything. So don't get too heavy with this whole thing.